

On behalf of the members, we wish to thank Neil Fitzpatrick for the innumerable hours he devoted to the H.E.F. as our President for the past three years. We wish Neil well in his new endeavours.

Many thanks also to Susan Burroughs, Brian Runnalls and Martha Phemister, who served on the Executive of H.E.F.; also to the many people who helped in various ways. We wish to extend a warm welcome to the new Executive members.

As you can see, some Executive positions have not been filled. These positions MUST be filled if we are to function efficiently. Remember that H.E.F. Executive members all have to cope with health problems, either personally or caring for family members.

It is only by sharing the work that we can reduce the workload for each Executive member. No experience is required, just a willingness to learn and a desire to help.

HELP is urgently needed with the preparation of the Ottawa Newsletter. If you find your Newsletter useful, please lend a hand, otherwise it will be discontinued!

HUMAN ECOLOGY FOUNDATION OF CANADA

OTTAWA BRANCH

BOX 11428, STATION H, NEPEAN, ONTARIO. K2H 7V1

E C C - S E N S E

May 1983

Editor: Estelle Drolet

No. 1

NOTE: Advertisements do not in any way imply that the Human Ecology Foundation endorses any particular products or services mentioned herein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities vary widely.

NEWSLETTERS

Since receiving the last local newsletter of February 1983 you should have received the H.E.F. Canada Quarterly Vol.1, No. 1, March 1983. If you were a paid member and did not receive these, please contact our membership person Pat Grant, 820-0697.

CONTEST: Four members responded to our contest for a "name" for our local newsletter. The unanimous choice of the Executive is "Eco-Sense". It is the combination of words from titles proposed by the four respondents. The participants were Barbara Haxby, Cheryl Osborne, Pat Grant and Estelle Drolet. It was thought appropriate and rewarding to offer a 50% discount to all on their 1983 membership fee for their participation.

GENERAL MEETINGS General Meetings were held at the McNabb Community Centre on February 17th, March 23rd and April 27th. We had a most knowledgeable and helpful nutritionist in the person of Allison Black, R.N., at our February meeting, and a fun and enjoyable time exchanging recipes, travel tips, information on dining out and shopping at our March meeting. Ken and Debbie Rubin, members of the Canadian Organic Growers Association, gave us up-to-date information on the techniques and benefits of organic growing at our April meeting.

T.V. PROGRAM - THE TWENTIETH CENTURY DISEASE, a documentary which appeared on the C.B.C. network, March 27th, 10 p.m., was also previewed at our March meeting. The film brought to the attention of the public how some people respond unnaturally to the environment. Conventional allergists and clinical ecologists were interviewed, each expressing their differences of opinion. People who were desperately ill explained how they had finally been helped by the methods advocated by clinical ecologists.

We wish to thank Chris Brown of the CBC for the privilege of seeing this film beforehand. This showing was a last-minute arrangement and we were unable to advise our members in time. If you did not see the film, but would like to, write to the CBC requesting that the film be shown again. Also, get in touch with a member of our executive; if a reasonable number of people request it we will try to arrange another showing.

CLEANING AGENTS. Many of you have undoubtedly noticed that Borax has been taken off the shelves of Loblaws. We would appreciate hearing from members who can still obtain this product at their supermarkets. Members wishing to buy this product are requested to contact Janet Lee at 828-2547. Janet will try to work out an arrangement with her Food Cooperative to obtain Borax for us. This arrangement may be temporary, however.

Soap. Rokeach soap is available at United Kosher Meat & Deli, 378 Richmond Rd. Tel: 722-6556.

Kloramine Soap. is again available through Estelle Drolet (825-4439), thanks to our president who brought it back from his last trip to Hamilton.

Aqueous Zephiran (to control mould) is available in one-gallon size for \$33.00 at Ontario Medical Supplies, 118 Clarence St., Ottawa. Tel: 237-2970.

PLEASE ADD the following information to previous newsletters Nos. 17 and 10, covering household cleaning products and helpful hints.

Mildew Spots - should be treated as soon as possible, since the mold may grow and damage fabric. Pretreat the spot with tolerated detergent and launder. If the stain remains, sponge with hydrogen peroxide. Launder, using a bleach safe for the fabric and for you (borax).

Grass Stains - rub liquid detergent into grass stains, then launder using safe bleach to get a like-new look in clothing. On wool, sponge the stain with rubbing alcohol; use one part alcohol to two parts water on acetate and colored fabrics.

Deodorant and Anti-perspirant stains - are best removed by sponging the area with white vinegar. If the stain remains, soak with denatured alcohol (methyl hydrate). Rinse thoroughly and launder.

Catsup Stains - best removed by scraping off any excess, then soaking stained fabric in cold water for 30 minutes. Pre-treat spots with detergent and launder as usual. (Citizen, March 30, 1981).

CAUTION. Some people react to vinegar and alcohol.

HELPFUL HINTS

Wallpaper. To remove wallpaper soak with a mixture of equal parts of vinegar and water. The wallpaper will scrape off easily.

Flowers. For a long lasting bouquet of flowers, keep them in a solution of two tbsps of vinegar and 3 tsp of sugar mixed with a quart of water. The vinegar slows deterioration and the sugar provides food. (1)

Rust. You can often free a corroded or rusted bolt by soaking it in vinegar. (Home Hardware Flyer, February 9, 1982).

GARDENING

FREE GARLIC SEEDS from garlic grown on organic soil. Send a stamped, self-addressed envelope to: Ted Matchka, R.R.#2, Demorestville, Ont. K0K 1W0. Mr. Matchka is known as "The Garlic Man of Fish Lake" because he grows so much garlic. In order to get rid of the garlic odor he eats lots of parsley. (CBC Radio Noon, 30 March 1983. Thanks to Marj Wellar for the information)

GROUND CHERRIES belong to the tomato family. These were found at many garden markets years ago but are hard to find now. If your intake of fruit is limited due to multiple allergies you could consider growing these. The general culture is much like that of tomatoes except that the growth is faster and the plants are more vigorous. Produces abundantly. Fruit is yellow in colour is smaller than Tiny Tim tomatoes. The taste is semi-sweet and they can be eaten raw without sugar. Seeds are available through Dominion House Seeds.

LAWN FERTILIZER - Milorganite Plus (10-3-0) is an extra strength all organic lawn fertilizer. Long lasting, will not burn, dust free and safe and easy to use. All organic nitrogen and phosphorous, contains many trace elements including iron. Can be applied any time. 20 kg \$17.99. 10 kg \$9.99 at Ritchie Feed & Seed, 27 York St. (236-0454) and 1390 Windmill Lane (741-4430).

ORGANIC GARDENING CONFERENCE. The Kemptville College of Agricultural Technology held their annual Organic Gardening Conference Saturday, April 9, 1983. Two years ago, Dr. John MacLennan and his wife represented the H.E.F. and manned a booth, handing out information and pamphlets to the 600 or so people who flocked to this conference.

Three members of the Ottawa Branch executive, Lynda Brooks, Janet Lee and myself represented the H.E.F. this year. Unfortunately, the turnout was poor.

This experience again brought home the reality of our sensitivity to air pollution. Within the confines of our controlled home atmospheres we sometimes forget how bad the air is in large buildings, especially in our schools and colleges. Two steps inside the College's door and we immediately encountered the smell of air pollution, the result of poor ventilation. The end product from the combustion of fossil fuel was being recirculated through the ventilation system. Nevertheless, onward we went.....

We managed to last until 2:30 p.m., in spite of our growing allergic reactions--headaches, nausea, swollen throat, hyperactivity, loss of voice. We spent the rest of the day recuperating. THE WILL IS STRONG BUT THE BODY IS WEAK.

Ecological Agriculture Projects (EAP). This project was established in 1974 on the MacDonald Campus of McGill University.

EAP works to promote at local, national and international levels, the development of sustainable food production systems based on ecological principles and advises individuals and groups engaged in developing such systems.

The advantages of ecological approaches include: savings in energy, reduced environmental impact, greater emphasis on food quality and a recognition of the subtle interrelations between soil, food and health. EAP is committed to the development of food systems based on ecological principles and has the most comprehensive resource library on ecological agriculture in the world. EAP's library also contains information on solar and renewable energy, conservation, rural development, waste management, nutrition and health.

At present, EAP relies on private foundations, individual donations and contract research for funding. Sponsored research from government and private organizations is solicited.

For a free list of EAP's publications and any additional information, write to: Dr. Stuart B. Hill, EAP. P.O. Box 225, MacDonald Campus, Ste-Anne-de-Bellevue, P.Q. H9X 1C0. Tel: 514-457-2000, ext. 290.

MANAGING VEGETATION by S. Daar. A copy of a two-page article which appeared in The IPM Practitioner (Vol IV #9, October 1982) on this topic is being placed in our library. As expressed in the article, "increased public concern about potential health hazards associated with common turf herbicides such as 2,4-D, have led many turf managers to seek alternative means of managing weeds. These alternative turf management programs are based on the recognition that a vigorous stand of grass will outcompete most weed species. Thus, high weed populations in lawns are indicators of stressed turf." The article outlines the different means one must take to manage turf without herbicides. Copies of this article may be obtained from the Ecological Agriculture Project. Thanks to Marj Wellar for obtaining this information for us.

POLLUTION

2,4-D. In March, the Environmental Advisory Committee (EAC) recommended to the Physical Environmental Committee (PEC) that the City of Ottawa discontinue the use of 2,4-D to control weeds in parks and boulevards for a period of at least two years, and that the City implement a turf management program, as required, consisting of the following elements: dethatching, top dressing, aeration, fertilization, seed application, and mowing.

In making this recommendation the EAC recognized that the financial cost of these management practices could be higher than the simple application of 2,4-D. However, the Committee received representation from the public expressing health and environment concerns about the continued use of the herbicide.

On April 6, City Council approved the recommendation in principle, but referred the matter back to the PEC for further elaboration on the cost of the turf management program. We expect a final decision to be made by May 11th.

I would like to thank Marjorie Wellar (a member) for doing an excellent job at researching material, putting forth a submission with some rather disturbing facts and figures, and obtaining the information on alternative measures to control weeds. Those of you who can tolerate newspaper print undoubtedly have read in the Ottawa Citizen the well-prepared articles on the dangers of Dioxin which appeared under the Citizen Forum (April 6, and April 20, 1983) written by Marjorie. The hours spent researching material and also "learning the ropes" when dealing with various City Committees were innumerable. Thanks, Marjorie, for caring and working towards a better environment and, therefore, better health for everyone.

Letters of protest were submitted from H.E.F. Headquarters and H.E.F. Ottawa Branch.

Copies of letters sent to Mayor Dewar and/or the EAC were made available to the Physical Environmental Committee and the public present at the April 6th meeting. Copies of these letters are now in our library.

IS YOUR LETTER THERE? Need I say more!

ARTS & CRAFTS. The health hazards of arts and crafts materials have been in the news lately. Cindy Crerik from the Lung Association discussed environmental health hazards on the CJOH Program The Morning Magazine, October 19, 1982. Market Place, a CBC program, also discussed this topic in March 1983. AIA Allergy Shot of Spring 1983 also brought this topic to their members' attention.

The Lung Association has put out a booklet outlining the dangers of a variety of craft materials. This booklet also includes recommendations on how to protect yourself and which materials are likely to cause problems. Parents should read this booklet and then investigate whether any of the noxious materials are used in their child's craft sessions. They should also ensure that ventilation is adequate. This is every parent's responsibility. This booklet is so popular that the Lung Association is temporarily out of stock. One copy is in our library. Write for your copy to: Ottawa-Carleton Assoc. 765 Broadview Ave., Ottawa. K2A 3X3. (728-4649).

MAGIC MARKERS = Stabilo 68 Brand marker pens is a brand well-tolerated by chemically sensitive people (Bruce Small, HEF Canada Quarterly). It would be appreciated if members finding these in Ottawa stores would let us know. If you are interested in obtaining such pens, please contact Lynda at 836-4565. If there is enough of a demand we will order from Toronto.

INSULATION - FURNACES. Some furnaces (especially older ones) have fibreglass insulation. Some highly allergic people may be adversely affected by the microscopic particulates from this insulation being blown about through their heating system. If your furnace was approved to function with this fibreglass insulation, the removal of such will also leave you without a valid claim for insurance purposes should you be so unfortunate as to have a fire. At the present time, according to NRC, there are no filters available to filter such small atoms. When looking for a new home, add this information to your checklist. (Thanks to Mrs. Savard for this information).

Reference our last newsletter and the topic of "Professional Furnace Cleaning" - please take note that certain companies sometimes add oil in the ducts as a means to trap dust; this oil can affect chemically sensitive people.

FOOD. Please add the following to your Food Sources List, March 1983.

MAPLE SYRUP - some producers use formaldehyde pellets on their trees to prevent the holes from healing too soon, thereby extending the time the sap runs. Maple syrup produced without the use of formaldehyde pellets can be obtained from Anne Macey & Nicholas Courtier, R.R. #2, Lanark (259-2967), 4 litres for \$25, 2 litres for \$14. 1 litre for \$8 and 750 ml for \$6.50. Russell Boyd, Natural Whole Foods, Carlsbad Springs (822-1583) also carries maple syrup from untampered trees.

NATURAL FLAVOURS & FOOD COLOURS - are available at certain health food stores.

The following were inadvertently omitted from your Food Sources List. Please annotate your copy:

Sausage Kitchen, 5 Byward Market (232-6358) and 240 Sparks (233-2778), for nine varieties of nitrate-free sausages.

Quality Meat & Deli, 732 Bank St., Ottawa (232-4606) for sausages without wheat, milk or nitrates. pate - home-style without nitrates; hot-dogs without nitrates; lamb.

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Members wishing jars to freeze this summer's produce are asked to contact Janet Lee, 828-2547.

To buy duck eggs, please call Mr. Kaplan, Rainbow Health Food Store, 828-8615. If demand is good he will make them available on a regular basis.

MEDICAL NEWS The following is a reprint from Allergy Shot, Winter 1982-83, Vol 19.

"AIA has noticed an increasing problem with medications, not the active ingredient but the vehicle. Members are asking -

"What brand of cough syrup is corn-free?

"My wife has to take a medication three times a day. What brand can she use which is lactose-free?

"My son is hyperactive. Where can I buy colour/flavour free medications?

"Is there a Vitamin C made without citrus, and a B-complex made without yeast? "

No one really can answer these questions. Not doctors, not pharmacists, not AIA and, strangely enough, not even the drug manufacturers themselves. Probably the only group in the know is government. All drug ingredients must be submitted to government before they are allowed on the market. In return, just like income tax information, this information is guaranteed to never be revealed to anyone for any reason.

Pharmaceutical companies often do not know what vehicles are used. They contact a supplier, give a description of what features a vehicle should have and let the supplier blend ingredients to meet this standard.

The directors of AIA and representatives for the Canadian Society of Allergists and Clinical Immunologists want AIA to work towards solving this problem. Ingredient listings as we have on foods would be ideal. As a second choice, accountability would be acceptable, so that pharmacists and physicians, on behalf of users, could contact some agency which would give this information.

The first step is to gather support. This is why AIA needs your help. Readers who have experienced this problem, either personally or professionally, are requested to submit a short outline of their problems. Step 2 is to use this information to assess which foods or chemicals are the problem ingredients. Step 3 is to prepare a brief to government. Step 4 is to request information from pharmaceutical companies so that AIA can have available an interim list of vehicles for use of physicians and patients.

If medicines are a problem to you because of adverse reactions to foods, please help us to help you. Write to: Allergy Information Association, 25 Poynter Drive, Room 7, Weston, Ontario. M9R 1K8. "

ACNE. According to Paula Begoun, who appeared on PM Magazine, April 6, 1983, most preparations for acne, blemishes and blackheads actually worsen the problem. She recommends first to be very gentle with your facial skin, avoiding abrasive preparations and face towels. Use the fingers to massage problem areas with the following mixture: make a paste from baking soda and water, massage the blemishes, and follow with pure 3% hydrogen peroxide which acts as an astringent. This will also bleach blackheads so they will be less noticeable. Apply a thin layer of Philips Milk of Magnesia under make-up to absorb the oil on your skin.

FURNISHINGS

MATRESSES. Ottawa Feather Mattress Co., 18 Bentley Avenue (off Merivale Rd). 226-1395, will custom-make cotton mattresses. The covering cotton is treated with fire retardants but they will let you take it home to wash. It is recommended that you wash it several times, then sleep on it to test for tolerance. These

mattresses are made with untreated underfelt cotton batting, (check this material beforehand), cotton buttons and hospital ticking. Approximate price \$200 for a single. Ask for Mr. Trudel. Also available are Kapok pillows with a pale blue cotton covering. Thanks to Hilary McCarthy for this information.

PILLOWS. 100% cotton pillows from K.B. Cotton Pillow Company, 2704 Echo St. The Woodlands, Texas 77380. Tel: (713) 367-9399. Pillows are of cotton fill, cotton covering, sewn with cotton thread. Pillows come in various sizes. C.O.D. shipping is available. (From AIA Allergy Shot, Spring 1983).

Beautiful, fluffy white long-staple cotton, grown without herbicides, pesticides or defoliants, especially for chemically sensitive persons. It is ginned without the usual oil spray. There are no linters or pickers, and even the toxin-carrying gland has been removed. This is the most chemical-free cotton available today. The fabric is bleached white muslin washing in baking soda to remove residues. Packing is in cellophane. These pillows are used in the Dallas Ecological Unit.

Bed pillows - standard - \$29 plus \$3 shipping
 Queen - \$36 plus \$3.25 shipping
 King - \$42 plus \$3.50 shipping

Upholstery Cotton \$3 per pound, plus .70 per pound shipping.

Also available are futons, floor cushions and square pillows. Cheque or Money Order payable to Dona Shrier, 825 Northlake Drive, Richardson, Texas, 75080 Tel: (214) 235-0485. Allow 30 days for delivery - bedding not returnable. (Information from Cotton Place Co-op).

You can make your own cotton pillows by buying the white (bleached) 100% cotton batting sold for quilts. I, personally, do not detect an odor from this material and I presume, most chemically sensitive person can tolerate it also. Purchase a small amount and test for your own tolerance. It is sold at Woolco at \$5.29 for 78" x 100". Cover with 100% unbleached (washed) cotton. Do not buy the unbleached cotton from upholstery shops as many emit a chemical odor. (reference Management of Complex Allergies by Natalie Golos).

RUGS. Hand-knotted rugs. Natural-color cotton and jute warp mats. Approximately 60 x 90 cm. Approx. \$10 at Zellers.

Straw mats. Rice straw mats in assorted designs for wall or floor, approximately \$6 at Zellers.

Wool, straw and cotton area carpets are available at IKEA in Bells Corners and Import Bazaar on Merivale Rd. Although these are made from natural materials they should be aired or washed before use. IKEA sizes vary from 70 x 130 cm. to 170 x 240 cm. Remember, wool carpets are mothproofed.

IKEA also carries a wide assortment of decorative 100% cotton fabrics: 100% cotton bedsheets and pillow cases. Be aware, though, that their fitted sheets are not standard sizes and fit only IKEA size beds.

Remember - clothes, wools, fabrics, etc., from natural materials advertised in our Newsletter does not mean they are "untreated" and free from sizing, etc. Wash them before use. Only when we have been advised by the manufacturer that the material is untreated will we specifically say so.

CLOTHES.

Real Wool Shop. 142 Franktown Rd. Carleton Place (613) 257-5778. This shop sells all-wool garments: skirts, trousers, blazers, jackets in pure wool worsteds and flannels. Women's lined pants, parkas, duffle jackets, kilts, women's and men's sweaters made of angora, cashmere, bulky knits, lambswool and shetland. Also carries Briggs and Little Yarn. Watch for their clearance sales.

Cottons. Wide assortment of cotton skirts, pants, blouses, etc., at a reasonable price at Orientique Fashion, 152 Rideau St. (237-1271 and 42 Sparks St. 232-4643. Thanks to Hilary McCarthy for info.

Beautiful 100% "Durene" cotton short sleeve pullovers and long sleeved cardigans available at Ogilvie's. These were selling for half price in late April. The sale is to last until present stock is depleted. Thanks to H. McCarthy for this info.

The Kettle Creek Canvas Co. 21 George St. Ottawa K1N 8W5, (235- 5835) This store is located on the Market (corner George and Sussex) and carries only cottons. They have sportswear, skirts, pants, jumpsuits, shorts, swamp coats, canvas bags, wallets. They also have all-cotton quilted winter mitts (\$17.50). They also have stores in Calgary, London, Kitchener, Midland, Port Stanley, Cobourg, Toronto, Unionville, Burlington, St. Catherines and Sarnia. Catalogues are available.

"While U Sleep Beauty GLOVES - these light 100% cotton knit gloves are sold at pharmacies. They contain no harsh manufacturing or bleaching chemicals. Natural material winter mitts and gloves are hard to find. These gloves could be worn inside synthetic ones.

Liberty of London COTTONS - beautiful print 100% cotton material at Marshalls, 240 Sparks (234-7232). This material is expensive, but watch for their sale.

TO EVERY CLOUD, A SILVER LINING

Due to the petroleum crisis and its higher cost, the clothing industry turned towards natural fabrics, much to the benefit of chemically sensitive persons who must wear these for the betterment of their health. Before this crisis it was an horrendous job to find clothes made from natural materials. Fortunately, they are now easy to find. The Human Ecology Action League in the U.S. was formed some years before our H.E.F. Some members started businesses around the requirement for specialty items and clothes.

THE COTTON PLACE began operations as the Ecologist's Cotton Co-op in February 1976, in order to obtain cotton and natural fiber goods for chemically sensitive people.

A membership fee of \$3 per calendar year entitles members to the catalogue and discounts. A copy of their current apparel brochure (21 pages) can be obtained from: The Cotton Place, P.O. Box 59721, Dallas, Texas 75229, tel: 214-234-4149. A copy is in our library.

All their LINEN goods are 100% cotton unless otherwise noted and contain no permanent finish or fire-proofing. They stock bedding and clothing items. While they shop carefully to avoid permanent finishes and fireproofing in FABRICS, they do purchase goods from commercial manufacturers; therefore there are some contaminants. The following is a list of items which might be hard to find here and can be purchased from the Cotton Place:

BARRIER CLOTH. 100% cotton, woven approximately 280 to 300 threads per inch. It appears to make an effective barrier for many fumes and odors, dust and moulds. Mattress covers made of barrier cloth may allow some persons to better tolerate their mattresses.

Barrier cloth garment bag (for storing clothes)

Barrier cloth mattress cover with zipper closure

Wamsutta supercale sheets and pillow cases (100% natural fiber cotton with no chemical processes, but a natural finish. Twin \$17 each, King \$36 ea.

Crib mattress cover from barrier cloth.

Throw rugs - 100% cotton pile on cotton duck backing, no latex.

Telephone caps - white barrier cloth with encased elastic. set of two - \$3.00

Slips and petticoats - Egyptian long staple broadcloth.

Gloves - ladies' - white lightweight knit cotton

Tights - ladies' - 80% cotton and 20% nylon in sable, black or misty gray - approx \$6.50

Leotards - 2 styles and 2 colors - 94% cotton, 6% lycra spandex. approximately \$15 and \$18.50 (Danskin).

Bras - cotton cup and straps - 4" inset of nylon, 11% spandex. \$5.25

Soft ^{CUP} bra of mercerized soft knit cotton. \$7.00

FOR MEN - dress shirts - 100% cotton, fine quality. cotton anklets, lightweight, 1 row of elastic in cuff. stretch anklet - 96% cotton, 4% spandex. Pyjamas, broadcloth coat style, long sleeve - \$28.00

(thanks to Lynda Brooks for obtaining this catalogue).

Naturama BRAS, made with 35% cotton, nylon and spandex, and leotards with 45% cotton are available to Sears and at Tease, 87 George St., (230-1188), and Lincoln Fields Shopping Centre (820-7560). (Leotards approx. \$45.)

Maidenform bras made from patterned cotton knit with polyester lace trim \$11.99 at Eaton's.

A small selection of leotards with approx. 95% cotton are available at Eaton's for approximately \$45 each.

LIBRARY

The following have been placed in our library, Please annotate your library list:

Dr. Mandell's Allergy-Free Cookbook - F.B. Mandell

Mind as Healer, Mind as Slayer - K.R. Pelletier

The Health Hazard of Arts & Crafts - by the Lung Association

Allergies are Stress Diseases - L. Gilka, M.D.

Water Filters - an excellent article from the February issue of Consumer Reports

We wish to thank members who donated the following books to the H.E.F. Library at our March meeting:

Recipes for Allergics - Billy Little

Celiac Disease Recipes - by Hosp. for Sick Children, Toronto

Rabbit Recipe, 7 pages.

Low Blood Sugar & You - by Carleton Fredericks, Ph.D.

*Sunnyhill - by Bruce & Barbara Small

*Brain Allergies - by Wm. H. Philpott, M.D., and Dwight K. Kalita, PhD.

* second copy has been purchased. The first copy still has not been returned. PLEASE check your home for these books and return them. If you feel embarrassed for keeping them so long, just mail them!

A series of handbooks by G. Joy Underwood, B.A. B. Ed, Allergy Consultant:

- Book I - Detecting Allergies - \$6.75
- II - Food Allergies: Diet Planning - \$9.00
- III - Food Allergies - More Favourite Recipes - \$8.50
- IV - Food Allergies: Common & Unusual Food Recipes - \$7.00
- V - Inhalant and Contactant Allergies - \$7.00
- VI - Chemical Sensitivities - \$11.00
- VII - Resources - \$9.50
- Natural Foods Cookbook - \$7.75

Mrs. Underwood's background in the fields of Sociology, Education and Medicine, along with her personal experience with severe forms of internal allergy, make her well qualified to write this series of handbooks and to offer consulting services to allergy sufferers and allergy-oriented groups. You may purchase the above books by writing to

G. Joy Underwood
1202 - 1175 Broadview Avenue
Toronto, Ontario. M4K 2S9

The H.E.F. Cookbook is now in our library. This cookbook will sell for approximately \$15.00. Orders are being taken by our librarian, Janet Lee.

NOTE: Reproduction of articles from Human Ecology Newsletters must be accompanied by appropriate recognition of H.E.F. (with postal address), as well as reference to the original sources quoted by H.E.F.

ADDITION TO CLOTHING LIST

Variety of Danskin leotards, 94% cotton, price range \$33 - \$42.00
Ladies' tights (stirrup type) - 94% cotton, wide choice of colours \$28.50
at Paddlin Maddlin, 827 Bank (near Fifth Avenue) 233-5975.

The Canadian Organic Growers Association very kindly gave us permission to print their list of organic growers for the benefit of our members. Please attach this list to your Food Source List, March 1983.

ORGANIC GROWERS ASSOCIATION - OTTAWA REGION 1983

by Ken Rubin
68 Second Avenue,
Ottawa. K1S 2H5

Most producers indicate a willingness for pre-season contracts. NOW is the time to contact producers; otherwise you will have to depend on a surplus to fill your needs.

NAME	PRODUCE	GARDEN SPACE AVAILABLE	WORK EXCHANGE
Audrey Baron Clayton 256-2043	Surplus to pick includes dill, thyme, sage, basil, rosemary, leeks turnips, tomatoes.....	No	No
Mary & Dal Broadhead Metcalf 821-1328	beef	Yes	Yes
Ann Cleary Carleton Place 257-1038	beef, leeks, asparagus and other vegetables on request. Black and red currants, raspberries	Yes	Maybe
John Coombs Lanark 259-3363	squash, cucumber, tomatoes, eggs goat's milk in spring	Yes	Yes
Joyne & Malcolm Ellis Metcalf 821-1759 (recorded message) 821-1404	most vegetables, some herbs, eggs, honey	No	May (tenting)
Hubert Earl Addison 924-2052	Lamb, pork veal, poultry	No	No
Jolene & Bob Glen Spenserville 658-2377	all vegetables in season booth in Byward Market)	Yes	Yes
Sue & Hugh Hamilton South Mountain 989-5440	Honey, herbs, root vegs.	No	No
Marilyn & Larry Robinson RR2, Perth 267-6623	rabbits, strawberries, raspberries, vegetables, pork, poultry, eggs, goat and lamb.		

Frank Hirst Carleton Place 257-5184	Chickens, rabbits, syrup, goat's milk vegetables, early tomatoes, bedding plants	Maybe	Yes
Sally Landon Gleneagle, P.Q. 827-1768	honey	No	No
Robert Lunan Ottawa 829-7019	vegetables, possibly grain	No	No
Anne Macey-Courtier Lanark 259-2967	Lamb, syrup, carrots, onions squash	Yes	Maybe
Mrs. O'Connor Mountain	honey	No	No
Roger Peters/ Carolyn Taylor 989-2517	spring crops - tomatoes, eggplant, basil, cucumbers, lettuce, parsley	No	No
Mr/Mrs. Pophal Oxford Mills 258-2515	beef	Maybe	No
Debbie & Ken Rubin Ottawa 234-2808 Eardly, P.Q. (farm) 455-9626	asparagus, green beans, zucchini, carrots, leeks, snow peas, basil, thyme, sage, beets, kale, corn, chard, tomatoes, spaghetti squash, out & dried flowers, other veg and herbs	Yes	Yes (tenting)
Di Setterfield 821-2987	honey, beef, raspberries, red currants, surplus vegetables	Yes	Yes
Phyllis & Matt Wedding Navan 835-2687	eggs	No	No
Judith Wolfe McDonalds Corner 278-2009	surplus eggs and syrup. planning pick-your-own raspberries and herbs	Maybe	Yes
M.A. Inch 2439 Tedder Ave. 731-7830	lettuce, salad greens, corn, beans, peas, tomatoes, broccoli, carrots, winter squash		
Peter Usher/Paula White RR2, Clayton 256-3549	eggs, chickens (roasting size) turkeys, ducks, geese, pork, honey		

N.B. Sometimes growers do not plant the vegetables as listed in our Food Sources list. Sorry - this inconvenience is beyond our control.

Rainbow Foods

1487 Richmond Road, Ottawa, Ontario
Britannia Plaza

We just missed the newsletter deadline for these brief announcements, but Estelle and Linda were kind enough to permit the insertion of this flyer.

We have in stock a good variety of non-hybrid, untreated garden seeds from Folklore Herbs in Vancouver. 95% of these seeds are #1 (which means they have a very high germination rate) and they are obtained from organic sources where possible, although we have no way of knowing which those are.

The second item of interest to some of you is that we are getting deliveries of duck eggs. Our first delivery of six dozen sold in 6 days - we are trying to get a greater amount next time. They sell for 21¢ each or \$2.50/dozen.

Lastly, we are going to try to obtain the soap that some of you have been picking up in Hamilton. We don't know how the price will compare but we are going to go straight to the manufacturer.

Ph; 820-8615

Thank you,

Janet and Michael Kaplan

P.S. We also have been carrying for some time now the Sonoma brand of packaged organic dried fruit.